

Exeter High Lunch Menu

February 2018

Jeanne Pierce: Food Service Director

Telephone Number: 775 -8449

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Offered Daily: Salad Bar \$3.50 Vegetarian Burger \$3.50 Salmon Burger \$4.00 Soup offered Daily: \$2.00</p>	<p>Vegan/ Vegetarian Options Daily: Menu announced daily</p> <p>Menu subject to change without notice.</p>			<p>1 Grilled Hot Dog on Bun <u>Choice of:</u> Cheese Sauce, Chili Sautéed Onions Baked Beans Baked Onion Rings Ice Cream Fruit Milk</p>	<p>Super Bowl Weekend Buffalo Chicken Bleu Cheese Dressing Dinner Roll Celery & Carrots Sticks Oven Fries, Cookie, Fruit Milk</p>
<p><i>Offered Daily:</i> Pizza Bar \$3.00 Value Price: 2 slices Pizza \$5.00 Yogurt Parfaits \$3.50</p>	<p>5 Grilled Cheese Sandwich Tomato Soup Goldfish Crackers Assortment of Fruit Milk</p>	<p>6 Shepard's Pie Dinner Roll Steamed Corn Mashed Potatoes, Gravy, Fruit, Milk</p>	<p>7 Flat Bread Bar Select a Flatbread Add Toppings Broccoli Slaw Oven Roasted Chic Pea Fruit Milk</p>	<p>8 Stuffed Peppers Warm Dinner Roll Mashed Potatoes Gravy, Cookie Fruit Milk</p>	<p>9 Chicken Parmesan over Pasta Dinner Roll Oven Roasted Eggplant Fruit Cocktail Milk</p>
<p>Vegetarian/ Vegan Bar Daily \$3.50 Offered Daily Uncrustable Peanut Butter & Grape or Strawberry Jelly Sandwich \$3.00</p>	<p>12 Mike's Cheese Bits w/ Marinara Sauce Vegetable Assorted Fruit Milk</p>	<p>13 Chicken Andouille Sausage Gumbo serve over Rice Dinner Roll Garden Salad Fruit Milk</p>	<p>14 Ginger Glazed Mahi Mahi Dinner Roll Oven Roasted Potatoes Glazed Carrots Fruit, Valentine Cookie, Milk</p>	<p>15 <u>Bake Potato Bar</u> Potato & Choice of; Chili, Cheese Sauce, Chicken, Bacon Bits, Broccoli, Sautéed Mushrooms, Baked Beans Fruit Milk</p>	<p>16 General Tso's Chicken Vegetable Egg Roll Fried Rice Steamed Broccoli Fruit Fortune Cookie Milk</p>
<p>Offered Daily Pasta Entree \$3.00 Daily On the Go-Cart Item Will be Announced \$3.00</p>	<p>19 Homemade Beef Stew, Dinner Roll Garden Salad Mixed Fruit Cookie Milk</p>	<p>20 <u>Top Your Mac & Cheese Bar</u> Pasta w/ choice of Spicy Cheese Sauce, Cheese Sauce; Chicken, Ham, Hot Dog; Broccoli Dinner Roll Roasted Chic Peas Peaches Milk</p>	<p>21 Chicken Fajita's Sautee Peppers & Onions Sour Cream, Lettuce, Tomatoes, Rice, Steamed Corn, Fruit, Milk</p>	<p>22 Chef's Choice Vegetable of the Day Assorted Fruit Milk</p>	<p>23 Shaved Steak & Cheese Sub Or Italian Sausage Sub, Sautéed Peppers & Onions, Baked Beans Onion Rings Apple Sauce Cup, Milk</p>
<p>Main Meal \$3.00</p> <p>All Meals come with Vegetable Fruit Bar & Milk Selections</p>					

This institution is an equal opportunity provider.